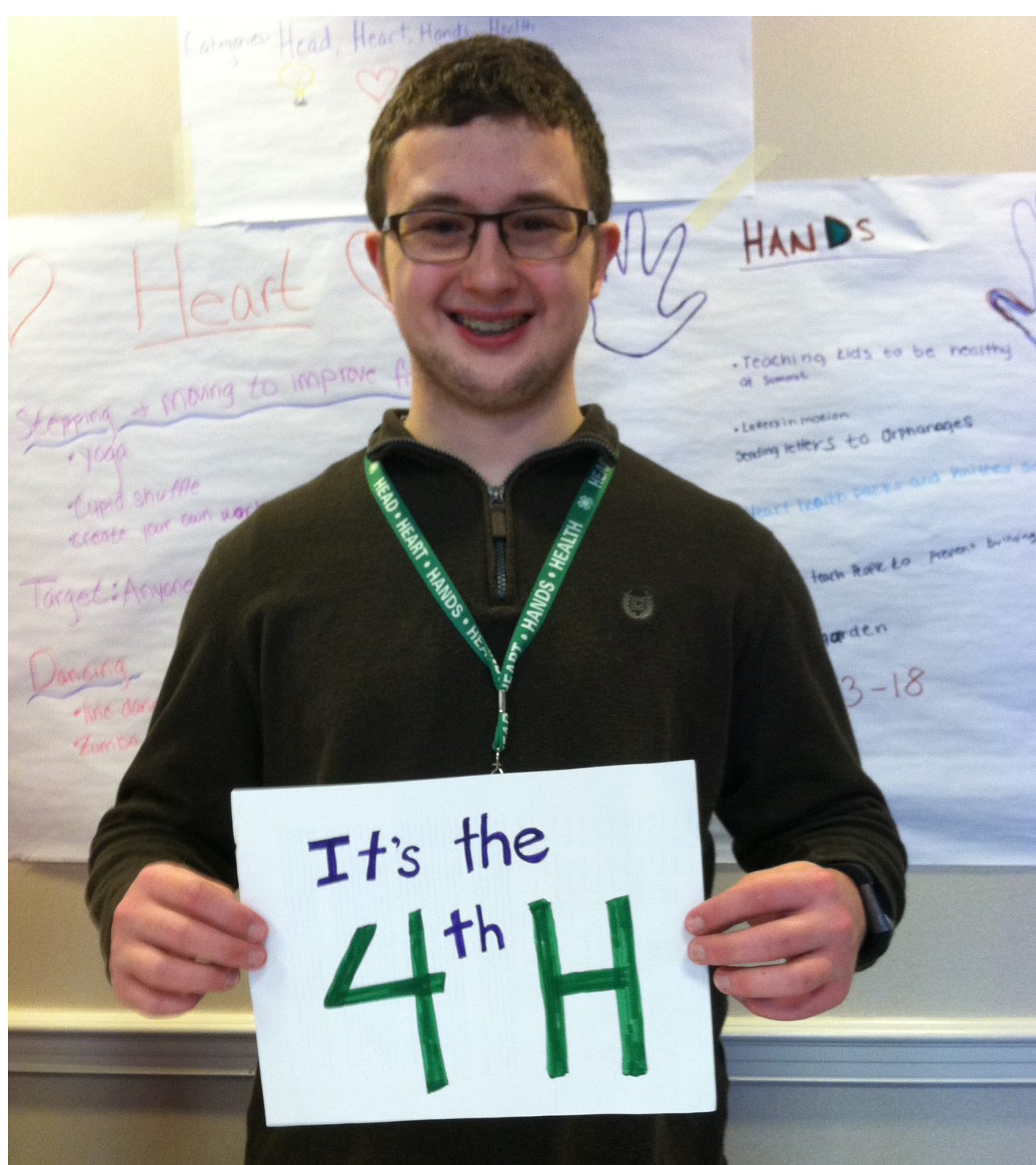


Ohio 4-H Health Heroes



Purpose

"I pledge... my health to better living" is a foundation of the 4-H pledge. To expand healthy living programs in Ohio's 4-H program, 50 teens were recruited to serve as healthy living advocates. They were trained to help educate younger youth and peers about nutrition and physical activity.

Impact

Fifty 4-H teens from across the state have been trained in teen health issues, youth advocacy, dietary and physical activity guidelines, social media, and teens as teachers of healthy living curriculum.

A team of 12 teens and 4 adults attended the National Youth Summit on Healthy Living in Washington, DC; they created an action plan to offer a statewide summit in Ohio in November 2016.

Teen advocates have had a role in creating community change by writing support letters, creating petitions, participating in health fairs, and teaching peers and younger youth.

Ohio State Colleges/Units Involved

OSU Extension
Ohio 4-H Youth Development
Family & Consumer Sciences
OSU Extension Expanded Food & Nutrition Education Program

Community Partners Involved

Lodi Family Center
Cleveland Clinic
American Dairy Association Mideast
National 4-H Council
Walmart Foundation
Ohio 4-H Foundation



THE OHIO STATE
UNIVERSITY

How you can get involved:

- Funding to support teens' attendance at the National Youth Summit on Healthy Living
- Gift cards for purchasing food for demonstrations at health fairs and other community events
- Partners and funding to support a 4-H statewide healthy living summit
- Partners for county 4-H healthy living programs

To get involved, contact:

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